

10

Tips to a Great Plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

1. balance calories:

Find out how many calories YOU need for a day as a first step in managing your weight.

2. enjoy your food, but eat less:

Eating too fast or when your attention is elsewhere may lead to eating too many calories.

3. avoid oversized portions:

When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4. foods to eat more often:

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products.

5. 1/2 your plate fruits and veggies:

Add fruits as part of your main dish or as dessert; & add tomatoes, sweet potatoes, and broccoli along with other vegetables.

6. switch to fat-free or low-fat milk:

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.

7. 1/2 your grains whole grains:

To eat more whole grains, substitute a whole-grain product for a refined product—(i.e. bread or rice).

8. foods to eat less often:

Cut back on foods high in solid fats, added sugars, and salt. Use as treats, not everyday foods.

9. compare sodium in foods:

Select canned foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

10. drink water instead:

Cut calories by drinking water or unsweetened beverages.